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Academic Decathlon Thrilling Experience

By: Brooke Von Ehrenkrook

22 November, 2015

7:30 AM



It’s the day of the first Academic Decathlon meet for the year. Everyone is excited, in a nervous sort of way, for the big day. The bus is quiet as almost everyone studies, sipping Dunkin’ Donuts coffee/hot chocolate. This is the last chance we’ll get before the tests begin. 8:00 AM

We’ve arrived at the high school. Everyone is marveling at the size of Natick High. Set on a lake, the school is three stories tall and covers a *lot* of ground. Inside, it looks brand new, with a double gym and exercise/weight room, an absolutely huge library, an even larger Dining Hall (or as we would say, cafeteria), and of course, state-of-the-art chairs and desks. Jealousy is hovering over our shoulders, but for the most part, we ignore it. *Story continues on page 4.*

Avon Athletes Recognized for Excellence

Gina Early Ashby and Laurel Potemri were both recognized by the Brockton Enterprise as “All Scholastics” and by the Mayflower League as “All Stars”. Gina was also chosen as MVP of the Mayflower League. Matt Clark, for soccer and Shannon Sinclair, for volleyball were also chosen as Mayflower League “All Stars”.

Tis’ the Season To Be Jolly

By: Bhamini Shah

It’s already December before we know it and surprise it feels like summer. We are only a week away from Christmas and what do we have sunny, warm days (not that I’m complaining). However, we still haven’t lost the spirit of Christmas in these summer like days. We still hear the Christmas songs ringing through the halls (listen carefully in front of the office). People are still decorating (watch the houses you pass late at night). At homes people are dragging large pine trees inside and throwing a star or angel at the top. We can smell the gingerbread houses and Christmas cookies at every passing bakery. We can find people still hustling around looking for last minute Christmas gifts and shopping that they’ve put off to the very end. So even if it doesn’t look like Christmas don’t forget to join in the fun because Christmas is just around the corner!

Don’t Forget! Wednesday, 12/23- Ugly Sweater Day!

Mental Health vs Physical Health

By: Courtney Hall Rhodes

When you fall down as a small child your automatic reaction is ouch, but what happens when you fall down in a different kind of way? We learn about Physical Health in school but we are never informed about Mental Health. Suicide is the tenth cause of death in the United States that's 41,149 people. Wow. Have you ever heard of the actor Robin Williams? You may know him from the movie Mrs. Doubtfire or maybe even as the genie in Aladdin. He always put a smile on everyone’s face and seemed quite. He died at the age of 63. No he wasn't killed in a car serious accident, he took his own life. A majority of the society we live in thinks just because you

Story continues on page 3.

Latest Brand Drops/Collabs in Men’s Fashion

By: Nikyla Vines

1. HUF x Chief Keef:

HUF and the rapper combine to create a line of fitted caps, socks, tees, crew-neck sweaters, and hoodies. Using mostly black, white and gold colorways, each item is distinguishable, with either “Chief Keef”, “300”, “SOSA” or “GloGang” somewhere on it. Definitely an urban feel with trap influences.

2. On the Byas Star Wars Collection:

Straying, slightly, from its usual preppy background, this collection focuses on the galaxy patterns on light hoodies, button-ups, and tees.

3. Traplord x Adidas:

Somewhat similar to the Chief Keef HUF collaboration, this line consists of a bright blue, white, black, and gold. Although the influences come from trap music, hence TrapLord, the designs are pretty gaudy. Graffiti is also a major part of the design pattern, as well as the “TL” logo that lines most, if not all, of the sneakers, sweaters, and tees in this distinct collection. “The TrapLord Adidas collaboration embodies the ethos of ‘WE GO’. The campaign promotes family, brotherhood and community with Harlem as the backdrop.”

Winter Trends For 2016

By: Yrvanie Joseph

Don’t you just love the fall/winter season? The weather may be unbearable, but I think winter fashion tops all other seasons. With the climate you need layers and that means more clothes which equals more variety. So what trends do you need to know about?

- Turtlenecks back then were made to be laughed at, but now high necks or mock high necks are in
- The three “F’s” are everything! Fur, fuzz, and fluff: fur jackets or vests, fuzzy sweaters and fluffy scarves. (You’ll know if you’ve seen *Scream Queens*).
- Plaid never dies
- Tall boots and leg warmers becomes the cutest combo
- Knit sweaters or knit midi skirts always keep you in style
- Skip the kimono and opt for a sweater cardigan
- Booties (ankle boots) are your best friends
- Wearing something short and flared? Tights make it right
- Necklaces are gone when there’s a variety of scarves to wear
- Come to the darker side with your shades of color

Trends are sometimes hard to follow, putting your own twist on it makes it better, always be creative. For me it’s a boost of confidence, I’m my own fashion show. Now that I filled you in, you can thank me later when someone else compliments your outfit.

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Tragedy Hits... When Will Enough be Enough?

By: Bhamini Shah



On November 13, 2015 a horrific tragedy occurred in France, as most of you may know from the social media or listening to the news or even hearing it from friends. Three teams of Islamic State jihadists had taken part of a planned assault on Paris, France and left almost 129 people dead and countless more severely injured both mentally and physically. Many public places such as concerts, diners, restaurants, stadiums were the main areas of attack. It seemed that the three groups wanted to attack the most highly populated areas in Paris. We found that around 7 or more attackers had killed themselves as well in order to launch the attack.

Now let’s look at what we didn’t hear about on that tragic day. Just a day before twin suicide bombers had went to Beirut and killed almost 43 people and are suspected to be linking to ISIS. Then on Friday a bomber had struck a funeral in Iraq killing almost 21 people. Everyday we have seen suffering caused by violent groups living around the Middle East and causing mayhem wherever they may go. So let’s not just keep the lost lives in France in our prayers, but keep the thought of every family who has lost someone to this unnecessary violence in our prayers. Let’s hope that one day this madness ends and that the world will be a safer place for all.

References:
<http://www.telegraph.co.uk/news/worldnews/europe/france/12007090/Paris-terror-attacks-25-photographs-that-defined-the-tragedy-in-France.html>
<http://news.yahoo.com/world-mourns-paris-many-mideast-see-double-standard-190640668.html>

Homecoming: Yeah, It Was Pretty Cool

By: Allison Isaksen

Last month, an article was posted under the name “Homecoming: Avon’s Next Step To Becoming A Real High School.” Since then, I’ve been to the homecoming and back, and I have some highlights to share. First off though, if you’re reading this for the drama factor, there weren’t any fights, which is a total snooze, I know. Now that we’ve weeded out the people who were only reading for the possibility of drama, let’s continue. I’d like to give a hand to the senior girls, you all looked amazing, and of course I’m including myself in this, because what can I say, I looked good. Boosters did great with the decorations, as those little jars with lights in them were adorable, and it was funny to watch people put tacky neon sunglasses and hats on and take pictures in the photobooth. I’d also like to thank Boosters for the DJ because even though he was really into promoting himself, he was a good fit for the type of music that fit the homecoming vibe. And though I personally wasn’t sure if it would be as great as most newspaper articles (wink wink) hyped it up to be, yeah, it was pretty cool.

Mental Health vs Physical Health (continued)

are wealthy it automatically means that you’re mental state is well or you are happy. 30% of the students in Avon Middle High School have had thoughts that they should harm themselves or would be better off dead. Thirty percent of students! We are not even out of highschool yet or at the “start of our lives”. That’s a huge problem that I feel like is ignored. I think Mental Health should be taught in every school to help students be aware of illness. Most adolescents do not know what is happening to them or are confused about what they are going through. We should not turn our backs on students, I think it would be amazing if our school could have a class where we shared similar stories of a rough time we have gone through. This would make our community better by helping kids know that they are not alone and to help students know that school is a safe place. Knowing that school is a safe place. Students can grow and expand their learning. Every student in Avon Middle High School should know that they are not alone and someone does care about their physical health as much as their mental health.

How NOT to Prepare For Midterms

By: Bhamini Shah

Nikyla Vines

Allison Isaksen

Fortunately for all of us high school students, mid-year exams will be here before we know it. As experienced midterm-takers, we’d like to make use of our knowledge and give some insight on how to study for these exams. With that being said remember the following:

1. Try to study with snacks handy. NEVER do ANYTHING without snacks handy.
2. Try to study with a television in sight.
3. Try not to “look things up” using your phone. You’re not fooling anyone.
4. Skip breakfast. I mean, come on, who needs that in the morning.
5. DO NOT get a good rest of sleep the night before and spend it binge watching a show.
6. Make sure that you have gone through continuous stressful activities before taking the test.
7. DO NOT crack open that book instead take a the day off and lounge around the house all day.
8. Feel free to “ask” your friends a question.
9. Always make excuses why you shouldn’t study.
10. Make sure you spend a good amount of time spacing out in class when reviewing for midterms.

Playing With Fire

A poem by: Marline Valcimond

When you light a flame fear travels through the atmosphere
"Be careful with that",
"No, don't be too near",
Playing with fire, it releases the toxins in my heart,
Playing with fire, it makes me feel better that you're falling apart,
Forgive me for my dedication to your disarray, but betrayal is quite a wave and I might use my knowledge to your dismay.
You think I have no power, you're so foolish, I hold the key, I'll do with it what I wish. Playing with fire, I know it's wrong, But my heart won't heal right now it's taking too long. Playing with fire. You want THEM to empathize, you want THEM to feel the burn of lies. Burn to ashes, Smoke and blood left All because in the end you really couldn't control who your heart kept... Your heart kept a match, A match you couldn't light.
You tried and tried and cried
The match lit for someone else
You didn't like that!
Playing with fire, that will heal that!
You know it's wrong
And will end in disaster.
But a broken heart, will kill you MUCH faster.

11:20 PM

2:30 PM

The tests are finally over. Relief is evident and conversation light. But there's still one thing left. Everyone is being forced to wait outside the cafeteria as the Proctors set up for the Super Quiz. Three members from different teams are thrown together to answer twelve multiple-choice questions, which are displayed on a powerpoint in the front of the room. Answers are written down, not spoken aloud, and multiple groups go at once. (Thank goodness.)

3:15 PM

It turns out being thrown on a team of strangers isn't as scary as it may seem. Some people even made new friends. And the quiz itself wasn't quite as difficult as the tests.

Now that that's over, we wait once again. It takes time to scan the tests and organize the awards. As we wait the North Reading team of around five members (and whose shirts read "Acadonut Decathaclub") invites us to play Mau, a card game, with them. About a fourth of our team (around 20 people) accepts. It's a game full of traps and easily-made mistakes, resulting in a lot of laughter.

The game is still in session when one of the women in charge calls our attention to the front of the room for the announcement of the awards. It comes as no surprise when Fabienne (a Scholastic student) wins three medals, one of which was first place . . . but then it keeps going. In the end, she ends up with seven medals. *Seven!* That's definitely a record for the Avon High School Acadec team. It's also worth mentioning that Parmbir Gill and Andrea Ficarra both place in music. (Those two are Honors students, which is the hardest of the three groups--Honors, Scholastic, and Varsity--to win medals in, as you're competing against the best of the best.) Other medal winners include Brittany Wilson, Laurel Potemri, and Lailah Tymes.

When the awards are finally over, our team has a grand total of *sixteen* awards. We rank fourth overall in the small school division, and ninth out of all the schools competing at the meet. This is the best our Acadec team has done since it's beginning at AMHS. The first year of Acadec here, back in 2006, we won NOTHING. The fact that we've come so far is a great achievement. I'm sure our owl stickers played a part in our success.

For our beloved owls' sakes, let us hope we make it to States once again this year!

The Drama Club Presents:

Student Shorts

Friday, 1/8 & Saturday, 1/9 at 7pm


This is our second annual student-directed play festival. Five brave students have taken on the challenge of directing their peers in a few short comedies. At the end of the performance, the audience will vote on which two plays move on to the Emerson College High School Drama Festival later in January.

Tickets are just \$5 and will be sold at the door. Don't miss out!

“Pasta Night”

Jan. 14th, 6-8pm AMHS Cafeteria


\$10 per person



All proceeds will be split between the National Honor Society and “Sole Hope”--a non-profit

Winter Sports

All home games are located in the AMHS gymnasium.
\$2 for students & \$3 for adults

Girls JV	Girls Varsity	Boys Freshman
1/8 @ 3:30 2/5 @ 3:30 2/8 @ 3:30 2/9 @ 3:30 2/11 @ 3:30	1/8 @ 5:00 2/5 @ 5:00 2/8 @ 5:00 2/9 @ 5:00 2/11 @ 5:00	12/21 @ 3:30 1/6 @ 3:30 1/13 @ 3:30 1/15 @ 3:30 1/20 @ 3:30 1/28 @ 3:30 2/3 @ 3:00
	<p>Come Support The Panthers Basketball Teams This Winter!!!!</p>	
Boys JV		Boys Varsity
12/21 @ 5:00 12/22 @ 3:30 1/6 @ 5:00 1/13 @ 5:00 1/15 @ 5:00 1/20 @ 5:00 1/22 @ 3:30 1/27 @ 3:30 2/3 @ 4:30		12/21 @ 6:30 12/22 @ 5:00 12/28 @ 10:00 am 1/6 @ 6:30 1/13 @ 6:30 1/15 @ 6:30 1/20 @ 6:30 1/22 @ 5:00 1/27 @ 5:00 2/3 @ 6:00

<p>organization which provides shoes to needy children in Uganda.</p>	
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